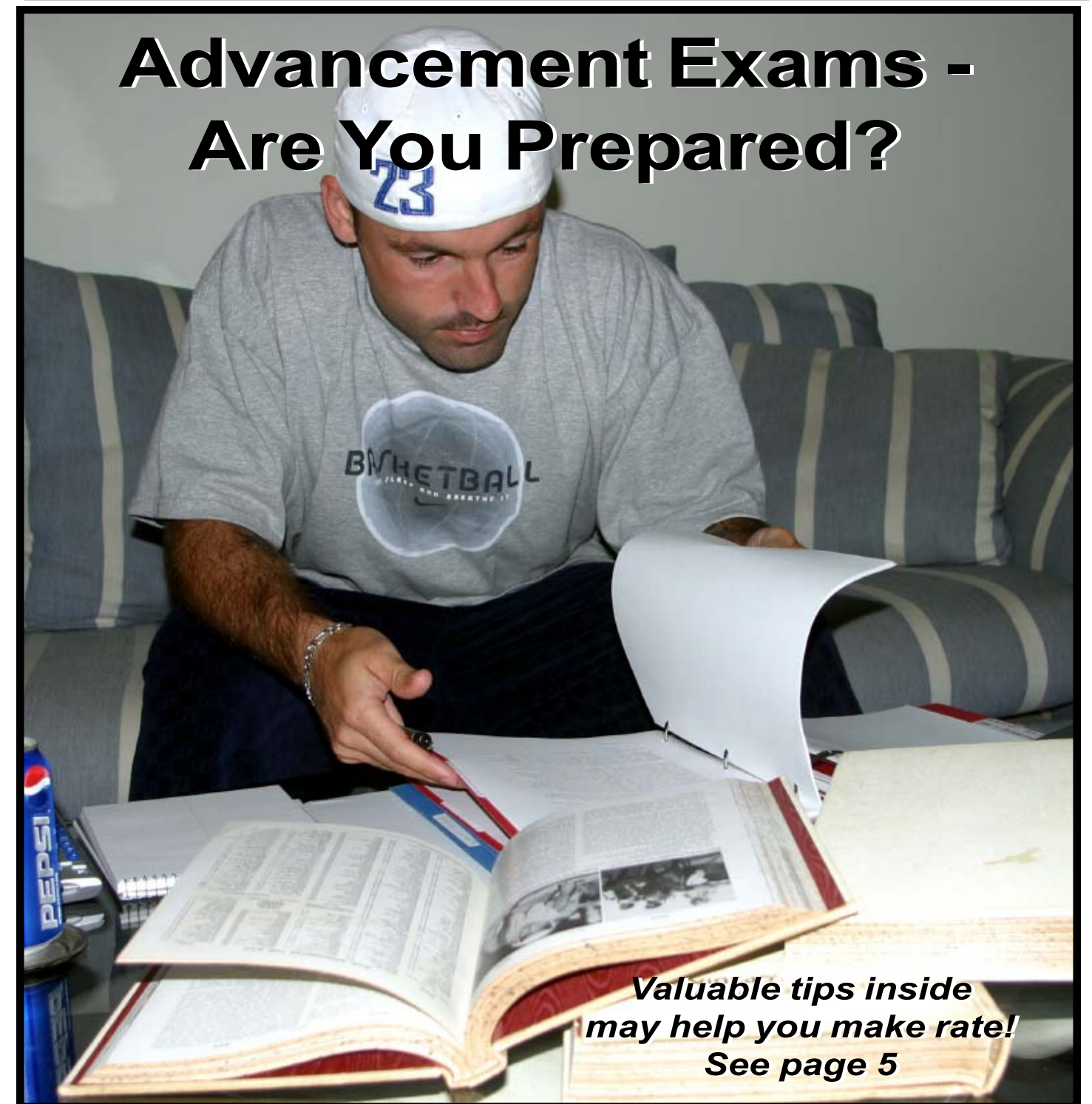




Vol. 61 No. 38

Friday, September 3, 2004

## Advancement Exams - Are You Prepared?



*Valuable tips inside  
may help you make rate!  
See page 5*

# News Briefs

## MyPay E-Mail PINs Available to Navy Members

Sailors are now able to receive personal identification numbers for myPay, the Defense Finance and Accounting Service's system to manage individual pay accounts, at their official Navy e-mail account.

Within minutes of requesting a new or updated PIN on the myPay Web site, members can expect to receive the PIN at their official Navy e-mail address if it was provided when they received their Common Access Card, DFAS officials said..

MyPay, an Internet/Web-based and interactive voice response system, allows customers to access and control their pay information. MyPay is available to all military members, military retirees and annuitants, and Defense and Energy department civilian employees.

The e-mail PIN delivery process is a simpler, faster alternative to the direct mail and in-person request methods previously available, officials said. This capability is especially timely as more commanders, members and employees are realizing the benefits of accessing myPay from remote and deployed sites.

Customers can view, print and save Leave and Earnings Statements, make adjustments to federal and state tax withholdings, update bank accounts and electronic transfers, and change address information, all online by accessing myPay.

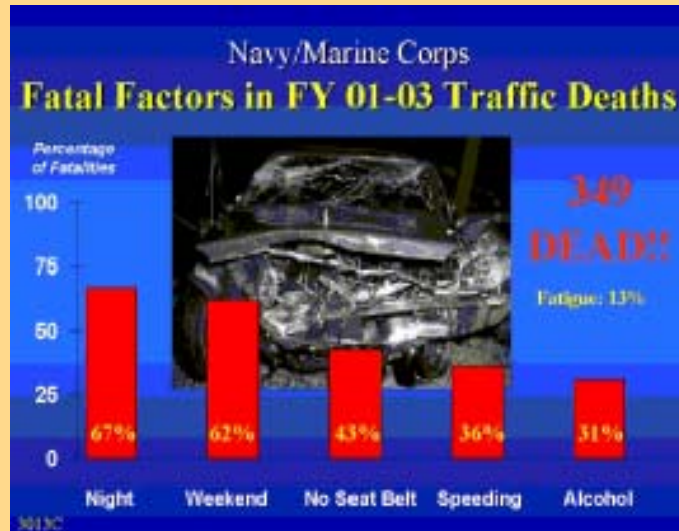
## Navy-Wide Advancement Exam Dates

The Navy-Wide Advancement Exams are being held at the Windjammer Ballroom as follows:

- Sept. 9 - E5 exam
- Sept. 14 - E4 exam (without AG3 candidates)
- Sept. 21 - AG3 exam (location to be announced)

## Labor Day Safety of Paramount Importance

Going on leave this Labor Day weekend? Be aware that people generally leave after work and drive during the night, when they are tired. The other three factors of traffic deaths - alcohol, speeding and lack of seatbelt usage - are always a threat. The Navy Safety Center has predicted two Navy deaths this year over the Labor Day weekend. Let's prove them wrong with zero. This is where intrusive leadership comes into play. Talk to your people, five out of the top six factors in traffic deaths are in our control.



# NAVSTA Recognizes Sailor of the Week

*MA2 Colby, a System Administrator with the Operations Department, recently helped configure five new badging stations, re-badging approximately 5,500 base residents.*

*She has served in the Navy 2 1/2 years and was inspired to join by the events of Sept.11, 2001 and the Navy's ability to pay for her college tuition. "Adjusting to GTMO was hard at the beginning. However, once I started with community involvement and learned my job, GTMO became a warm and inviting home," said Colby. "I fill my time by being President for BJA, sitting on the Navy Ball committee, church involvement and attending school full time."*

*"The key to enjoying your time in the Navy is to get your mind off yourself. Always, try to concentrate on how you can help others and remember that your most valuable assets are those you work with. In other words, don't burn your bridges because you never know when you will need that person's help, and that will make life a lot easier for you," added Colby.*



MA2 Elizabeth Colby

**U.S. Naval Base  
Guantanamo Bay, Cuba**

**Gazette**

Vol. 61 No. 38  
Friday, September 3, 2004

Commander, Naval Base  
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Chief Staff Officer  
**CDR Jeffrey Hayhurst**

Command Master Chief (Acting)  
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This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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# Labor Day: How it Came About, What it Means

This Monday is a holiday again. And it's Labor Day! It's time for grand parades, big fun. And time to share with family and friends, and go beyond the confines of the room. Celebrate the historic holiday that commemorates the huge contributions the workers have made to the strength, prosperity and well-being of our nation. Time to take a break, feel the real spirit and travel to the eventful past of American labor movement and pay a tribute to the great labor force..., and of course, yourself and be safe!

## Historical Background

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

## Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur

we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

## The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

## A Nationwide Holiday

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.



# Box Tops, Label Programs Earn Money for W.T. Sampson Elementary

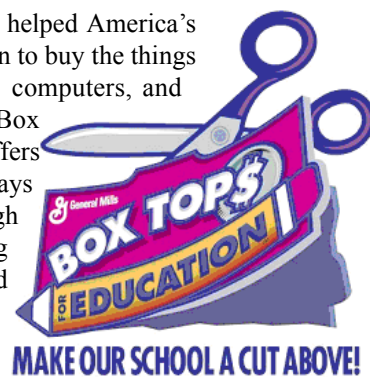
By Lisa Bosecker

WTS Box Tops/Project A+/Label for Education Coordinator

You can make a big difference at W.T. Sampson Elementary, and all it requires is a pair of scissors! You can help the school raise money with the following programs from General Mills Box Tops for Education, Tyson's Project A+, and Campbell's Labels for Education.

## Box Tops for Education

Since 1996, Box Tops has helped America's schools raise over \$100 million to buy the things they need like library books, computers, and playground equipment. The Box Tops for Education program offers school supporters three easy ways to earn cash for schools through everyday activities like buying groceries, shopping online, and making purchases with a credit card. School budgets are tighter than ever, and W.T. Sampson is asking for the support of families and community members like you.



One easy way you can make a difference is to join the Box Tops Booster Club at [boxtops4education.com](http://boxtops4education.com). Not only will you get the chance to help our school earn cash, but you'll get wonderful rewards for your family, too. Money-saving coupons, easy mealtime solutions, children's book reviews, and family movie recommendations, just to name a few. You'll also get exclusive access to online shopping through the Box Tops Marketplace(sm). Up to 8% of every qualifying purchase goes back to our school – at no additional cost to you.

## Tyson's Project A+

If you eat Tyson products, you can help W.T. Sampson Elementary



earn money! The program is called Project A+, and it works like this: There's a Project A+ label, worth 24¢, on various Tyson products that feature the Project A+ logo on the front of the package. Schools earn money from Tyson by collecting and redeeming the labels.

Participating schools can earn up to \$12,000 per academic year, and there are no restrictions on how the funds are used. The money can be used for anything we need — field trips, computer equipment, sports gear, library books — anything!

## Campbell's Labels for Education

Over the past 30 years, Campbell's Labels for Education program has delivered over \$100 million in free merchandise to schools nationwide. To kick-off this year's label collection drive, W.T. Sampson Elementary School is asking parents, teachers and friends in the community to collect Campbell product labels that can be redeemed for free educational merchandise.



So, keep those scissors handy. Save the Box Tops and labels and turn them into your child's teacher, or put them in the drop box at the NEX. Make sure you include the teacher's name with your labels. There is a contest each month and the class turning in the most each month wins.

For more information on how you can help your child's school earn cash through these programs, contact Lisa Bosecker, W.T. Sampson's coordinator, at 5545 or e-mail [bbosecker@gtmo.net](mailto:bbosecker@gtmo.net). You can also visit the following websites:

General Mills Box Tops for Education: [www.bboxtops4education.com](http://www.bboxtops4education.com)  
Campbell's Labels for Education: [www.labelsforeducation.com](http://www.labelsforeducation.com)

**Commit to Quit Now!**

**September Tobacco Cessation Course**

The first session begins Tuesday, Sept. 7.

Sessions 2-4 are on consecutive Mondays, Sept. 13, 20 and 27.

Session are from 4 p.m. to 5 p.m. in USNH Trailer H-14, behind the hospital.

FMI, call Lt. Gordon at 7-2285 or 7-2733.

## SEPTEMBER 11<sup>TH</sup> MEMORIAL SERVICE

*The GTMO community is invited to a Service of Remembrance and Honor, recalling the events of Sept. 11, 2001.*

**5 p.m., Sept. 10 at the Base Chapel**

**FMI, call 2323**



## Meet & Greet

Parents and children visited the W.T. Sampson Elementary and High School on Friday, Aug. 27, for the annual Meet & Greet with teachers and staff.

This was the first opportunity for many parents to meet with their child's teacher and learn what to expect during the 2004-05 school year.

The Parent Teacher Organization set up lemonade and cookies stand for all to enjoy.



## How to Prepare for Your Exam Day

There is no quick or easy way to prepare for an advancement exam. It takes work, and you cannot wait until the last minute. Many E-3s have approached their first exam with little preparation. When they started answering questions, they realized they were not properly prepared for the examination.

The best way to prepare for your exam is to start early! Get your BIB, develop a study plan, and start studying. Go to the Navy E-Learning website at [www.navylearning.com](http://www.navylearning.com), and register for courses that pertain to your rating.

## How to Take Your Exam

Advancement examination day has arrived. You have studied diligently for the past several months with your shipmates, and you are confident that you are prepared. Still, if this is your first time taking an advancement exam, you are probably a little nervous.

**You must bring your military ID card when you take your exam.** At most exam sites, the Uniform of the Day is required. Candidates may use any examining material or instruments authorized in the NAVADMIN for the current examination. Prior to exam day, check with your exam site to determine its specific requirements.

## Test-Taking Tips for Your Advancement Exam

Be confident! If you have developed and followed your study plan, you are prepared to take this exam. Try these tips as you take your exam:

- Accept the fact that you will be anxious. Very few people enjoy taking tests!

- Do not rush through your exam.
- Do not be distracted by the people around you.
- Read each exam item carefully.
- Try to answer the question in your own words before you read your answer choices.
- Read your answer choices.
- If you find the answer, mark your choice and move on.
- Fill in the bubble for your answer completely.
- If you change an answer, make sure you completely erase the answer bubble.
- Trust your knowledge and do not watch for answer patterns.
- Be sure you fill in only one answer per question.
- Make sure the number on your answer sheet matches the number of the question you are answering.



## Stress, Money, Moving, Retirement. . . Got Questions?

# GTMO's Fleet & Family Support Center Has Answers

### What is the Fleet and Family Support Center?

The Fleet and Family Support Center provides career-enhancing and life-enhancing programs for all the service members and their families. Think of the Center as the support services/quality-of-life arm of the Navy.

Fleet and Family Support Center programs offer support in the readiness categories: operational, mobility and counseling/advocacy. The Center also maintains management/technology to support these direct services.

Fleet and Family Support Centers are among the Navy's best efforts to put its people first. It includes such programs as Information and Referral, New Parent Support, Personal Financial Management, Deployment Support, Relocation Assistance Program, Spouse Employment Assistance Program and Transition Assistance Management, as well as Individual, Marital and Family Counseling.

### What role does the Fleet and Family Support Center play in recruitment, readiness and retention?

**Recruitment:** Fleet and Family Support Centers are a benefit unmatched in the private sector. Unlike the civilian support services, Fleet and Family Support Center programs are specifically designed to meet the demands of military life. No civilian employer in the country can match the quantity, quality or cost. The Fleet and Family Support Center programs are free to service members and their families. Consider them a benefit to those who wear a uniform.

**Readiness:** Fleet and Family Support Center programs are designed to ensure that service members and their families are properly prepared for the mental and emotional demands of military life. Military life is transient, fast paced and charged with responsibilities that affect the security of our nation. In short, it's challenging. Fleet and Family Support Center programs help service members and their families meet those challenges. With support for families available, our men and women in uniform can perform their duties with fewer worries and distractions.

**Retention:** Fleet and Family Support Center programs help

service members maximize their military experience by giving them the support they need to perform at optimal levels, thereby ensuring a longer and more successful Navy career. Compared to private sector services, military benefits, including Fleet and Family Support Centers, are another good reason to stay in the Navy.

### What is the range of services offered?

Fleet and Family Support Center programs offer readiness support in three categories: operational, mobility and counseling/advocacy.

Within these categories, the Center offers various programs. These range from crisis and information, to stress management and parenting workshops, to welcome aboard and overseas transfer seminars. The Center has professional counselors and financial planners available for individual, family and group consultations.

The Center's core programs include: Information and Referral, Transition Assistance Management Program, Spouse Employment Assistance Program, Relocation Assistance Program, Family Advocacy Program, Personal Financial Management and Individual, Marital and Family Counseling.

Fleet and Family Support Center programs are delivered in many forms, from one-on-one sessions to workshops and classes at the Center, to group presentations aboard ships.

### How do the services specifically benefit family members?

Military life is a challenge, not just for the service member, but for the spouses and children as well. They are also affected, directly or indirectly, by constant relocation, high responsibility, threats of war and terrorism, and the general stress that comes with the job of defending our nation. It is part of the Fleet and Family Support Center's mission to ensure that families have the support they need to deal with these issues.

All Fleet and Family Support Center programs are available to family members. The Centers provide assistance with everything from finding a job and good schools for the children to deployment support and professional counseling. Service members are more focused on their mission when they are confident that their families are well adjusted to military life.

### How does one tap into the services?

Center services are available and free to all service members and their families, including activated Reserves, retirees and Department of Defense civilians on a space available basis. All you need to do is visit the Center Monday-Friday from 0730 to 1600, or call 4141 for information, to schedule an appointment for counseling services or to register for classes, workshops and seminars.

### What about confidentiality?

All contact with the Fleet and Family Support Center is kept confidential **except** when laws have been broken, which is the same standard in the civilian arena. All clients sign a Privacy Act statement, which explains that counseling services are confidential and that the Command must be notified if there are reports of suicidal or homicidal tendencies, family violence or substance abuse.



Janice Hickman, social worker & SAVI coordinator and Ray White, relocation and information reference counselor, are standing by to answer your questions at the Fleet & Family Support Center.

If service members do not feel comfortable visiting the Center during normal business hours, the Center will export classes, i.e., take the services to the service member, or provide services during off hours.

On Command referrals, Command will be notified if the service member kept the appointment and whether continuing services will be provided by the Center. Details about the service member's problem and counseling will not be provided to the Command except in the case of Family Advocacy investigations and services.

### Will using the service have a negative impact on my career?

Not if the service member is proactive. Commanding Officers encourage you to visit the Center if you need help information. It's part of self-improvement and makes you a better Sailor. If the Commanding Officer sees your name in the local police report blotter and then has to order you to come see a Fleet and Family Support Center counselor, that's another story. Take care of issues before they become problems, and you've no worries.

### I don't have any problems. Why should I use the Center?

The Center is not just for crisis and problem solving. Ideally, it should be used for prevention-tackling issues before they become problems, and life and career enhancement. For example, it is much better to attend a personal financial management session before you experience a budget crunch. By doing so, you're more likely to avoid a financial crisis. The same is true with relationship issue or job-related stress.

Fleet and Family Support Center programs are all about self-improvement, providing service members and their families with resources they can use to help themselves. Take advantage of these services. You've earned them through your service.

### How can these services help further my military career?

Using the Center's services demonstrates a desire to grow personally and professionally, a good indicator of success-oriented individuals who make strong candidates for leadership roles.

### Is the staff professionally trained to address the specific needs of military personnel and family?

Yes. All Fleet and Family Support Center counselors are licensed and credentialed mental health professionals whose qualifications are equal to those in the civilian arena, and are enhanced by the ability to mobilize military and community resources to support the needs of military personnel. Due to their caseload, training and

common client base, the Center's counselors understand military stressors and issues better than their civilian counterparts do.

## September 2004 FFSC Classes

**SAVI General Military Training** - 9-10 a.m. or 1-2 p.m., Sept. 9-10 (all NAVSTA service members must attend one of the four scheduled classes) - Unfortunately, the numbers tell the tale. SAVI staff assist military victims of sexual assault. This GMT will explain that the SAVI program was created to deal with the serious problem of sexual assault through effective risk-reduction measures and sensitive victim response.

SAVI provides:

- ◆ Victim advocacy
- ◆ Training for SAVI points of contact and advocates
- ◆ Command consultation
- ◆ Sexual assault awareness and risk-reduction training.

**Base Indoctrination** - 7:30 a.m., Sept. 13-17 - This program is mandatory for all active duty Naval Station personnel and family members are encouraged to attend. Representatives of all departments and the community get together to brief attendees on base procedures and instructions, as well as resources and services available to them in Guantanamo Bay.

**Saving & Investing for Your Future** - 6-8 p.m., Sept. 23 - Learn to establish a savings plan, how to set some savings goals, and creative ways to save and invest money. Don't think that because you only have a few dollars a month, you can't invest. You can but you need to start now! Need information on IRA's, 401k, or the Thrift Savings Plan, sign up for the next Savings and Investments class held quarterly in GTMO.

## September is Ombudsman Appreciation Month

Since the Navy's Ombudsman Program was established in September 1970, key Navy leadership knows how valuable it is to have dedicated Navy Family Ombudsmen on their command leadership team. Ombudsmen are a source of information and problem-solving referrals, providing a helping hand when needed. The Ombudsman's ability to reach out on a personal basis is essential in helping service members and their families access all of the programs and services available to them. Each year, the Navy shows it's appreciation for their Ombudsmen, recognizing the sacrifices they make to maintain the direct link between Navy families and their command. This September GTMO salutes the following Ombudsmen - Julie Barnett, Grace Paquette, Amanda McFarland, Tee Hovell and Ombudsman Advisor Terry McCoy.

# Redskinettes Entertain GTMO

The Washington Redskins Cheerleaders performed Aug. 30 at the Windjammer and Aug. 29 in Camp Bulkeley during their stay in GTMO.

Armed Forces Entertainment scheduled this trip to provide a morale boost for the Sailors, Soldiers, Marines, Airmen, Coast Guardsmen and their families deployed overseas. The Redskinettes provide professional fun and high energy dance routines to keep the crowds pumped up during their shows.

The Redskinettes would like to thank the men and women and their families of the armed forces for all the sacrifices they make while protecting our way of life. GTMO was the last stop on their overseas tour of military installations.

Photo by Senior Airman Joe I. Lacdan



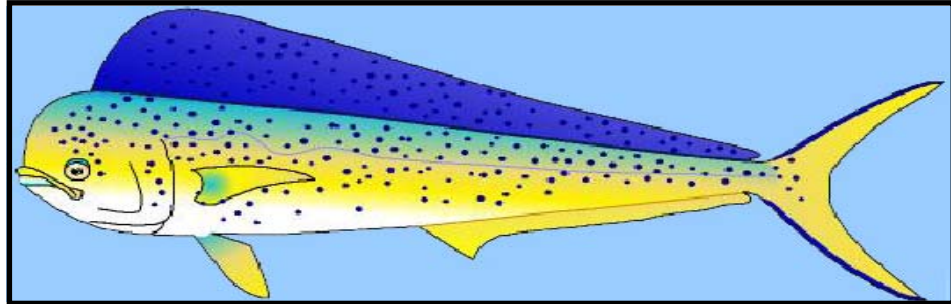
# Creature Feature: Common Dolphin

By Paul Schoenfeld  
Natural Resources Manager

The common dolphin fish (Coryphaena hippurus) often has its name mistaken for the marine mammal bottlenose dolphin. This is a highly migratory species and can be found in tropical and subtropical waters worldwide. The fish is considered an open water pelagic but is sometimes found near the coast and in inshore waters. They usually are associated with some sort of shade and can be found swimming underneath weed lines, ocean debris, and even large vessels. Smaller fish will travel in schools while larger adults travel either alone or in pairs.

Adult dolphin fish have a spectacular array of color. They are a bright green-blue on their upper sides with the rest of the sides being yellow scattered with blue or golden markings. The dorsal fin is blue and runs the entire length of the body. When dolphin are caught and removed from the water they flash a variety of other colors but fade quickly to a dull silver.

Dolphin are short-lived fish with high reproductive potential and accelerated growth rates. They generally only live about four years (maximum reported age of five years) but reach sexual maturity at



**Other names for the dolphin fish are mahi mahi and dorado**

approximately four months and spawning can occur when the fish is as small as eight inches. Spawning occurs year round in tropical waters, however, in colder parts of their range, spawning typically occurs during the warm season. Larvae hatch at approximately 2mm long but grow quickly and mature fish are commonly 3 feet long and 30 pounds in just a few years. The Florida record stands at 77 pounds 12 ounces and the world record is 87 pounds.

Dolphin are predators at the upper end of the food chain. Juveniles feed primarily on crustaceans and adults feed primarily on other fish including smaller individuals of other predatory species. Dolphins can reach estimated speeds of 50 knots making them very effective at capturing prey. Because of their position in the food chain,

dolphin have been implicated with the potential for ciguatera poisoning. Dolphin also fall prey to many species including tuna, marlin, sailfish, swordfish, sharks, and the marine mammal bottlenose dolphin.

Dolphin are very popular game fish with very liberal recreational limits. The liberal limits are based on the high reproductive potential resulting in a short population doubling time and their short life span. COMNAVBASEGTMOINST 1710.10J allows 10 dolphin per person per day with no size limits. It is important to adhere to these and other limits identified in the 1710 and Security responds when members of the community report violations. If you see a violation call 4105 or VHS Channel 12, report poachers, they are stealing from you.

# Ombudsman Outlook

*“We’re here for you!”*

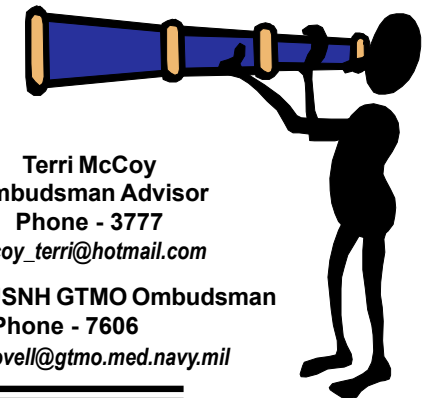
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## So many events, so little time

As Ombudsmen, we realize there are an incredible amount of things to do here on the island. If only we could remember them all.

All too often you hear about an event and think, “Gosh, I should put that on my calendar.” In an effort to help you remember what’s happening and plan your off-island trips around the functions you would like to attend, we will be publishing a calendar the first week of each month here on our Ombudsman Outlook page. We will try to include as many events as possible, and to the best of our knowledge, for the upcoming month as well as some insight for the quarter. *(Dates and events subject to change without notice.)*

Date	Event	Location	POC
Sept. 4, 7 a.m.	YS Golf Championship	Golf Course	Gym - 2193
Sept. 4, 10 a.m.	Labor Day Car Show	Dtwn Lyceum	Glen - 2345
Sept. 4, 10 a.m.	Navy Ball Chili Cook-off	Dtwn Lyceum	Karen - 4696
Sept. 6, 3 p.m.	2nd Annual GTMO Jazz Festival	Cooper Field	Craig - 2345
Sept. 7, 6 p.m.	Army versus Navy Rugby Match	Cooper Field	Gym - 2193
Sept. 7, 7:30p.m.	Army versus Navy Flag Football	Cooper Field	Gym - 2193
Sept. 8, TBD	AFE Magic Show “Chris Christian”	Club Survivor	Craig - 2345
Sept. 9, TBD	“Chris Christian”	Bayview Patio	Craig - 2345
Sept. 10, TBD.	“Chris Christian”	Windjammer	Craig - 2345
Sept. 11, 6 p.m.	Fireman’s Ball	Windjammer	Fire Dept - 4170
Sept. 13, 6 p.m.	Spouses Seminar Welcome Meeting All Base Spouses	Windjammer	Terri - 3777
Sept. 14, 6:30 p.m.	OCSC Welcome Social	1101 Deer Point	Tammy - 7056
Sept. 16, 6:30 p.m.	Hospital Spouses Org. Welcome Social	Community Ctr	Kathy - 7017
Sept. 18, 7 a.m.	Hispanic American Heritage Run	Base Gym	DD - 2193
Sept. 18, 1 p.m.	8 Pin No Tap (youth)	Bowling Ctr	Nancy - 2118
Sept. 24, 7 p.m.	Knowledge Bowl II	Windjammer	Maxine - 4700
Sept. 25, 3:30 p.m.	Liberty BBQ	Marine Hill	Devon - 2010
Sept. 25, 6 p.m.	Khaki Ball	Windjammer	Bruce - 4415

## Ombudsman FYI

### Enlisted Civilians Spouses Association

If you’re an enlisted or civilian equivalent spouse and are interested in being a part of the community through an organization, the Enlisted Civilians Spouses Association (ECSA) is meeting in the near future. This association was originally formed to provide support and assistance to all of its members.

The meeting will discuss the direction of the group and have a vote for officers. That’s right, the ECSA currently needs dedicated volunteers in all board positions. If you would like to participate in shaping the future of this association, contact Julie Barnett at 5736 or Amy Thomasan at 7599.

### Get the Word Out

The Ombudsmen are putting together a list of organizations and points of contact to be published in a later issue. If you would like to have the details of your organization published, please contact any of the Ombudsmen listed above.

### Easy Access to Navy One Source

It is now much easier to access Navy One Source online. You are only asked to identify your installation/unit location. Once the information is provided, you have immediate access to Life Articles, educational materials, Life Workshops and all the great resources available on Navy One Source online.

**Visit Navy One Source Online at [www.navyonesource.com](http://www.navyonesource.com)**

Navy One Source augments Fleet and Family Support Center services and is brought to you by the U.S. Navy, at no cost to you. Best of all, Navy One Source is here for you-any time of day, wherever you are. Spanish speaking consultants and simultaneous translation of more than 150 other languages are available.

**Catholic Mass**  
(Main Chapel) **Monday - Friday**  
Mass (Cobre Chapel) 11:30 a.m.  
**Wednesday**  
Holy Hour/Rosary 5 p.m.  
(Cobre Chapel)  
**Saturday**  
Vigil Mass 5:30 p.m.  
Vigil Mass 3 p.m.  
(Camp America, Trooper's Chapel)  
**Sunday**  
Mass 9 a.m.  
La Santa Misa (Spanish) 10:30 a.m.  
(1st Sunday of the month)  
Mass 6:45 p.m.  
(Camp America, Trooper's Chapel)  
Eucharistic Adoration  
(Cobre Chapel) Daily 24hrs

**Protestant Services**  
**Sunday**  
Sunday School 9:30 a.m.  
Services - Main Chapel 11 a.m.  
Children's Sunday School 11:30 a.m.  
**Monday**  
Prayer Group 6:30 p.m.  
**Wednesday**  
Men's Fellowship 7 p.m.

**New Life**  
(Main Chapel) **Sunday**  
Worship Service 1 p.m.  
(Main Chapel) **Friday**  
Bible Study 7 p.m.

**Church of Jesus Christ of Latter Day Saints**  
(Sanctuary A)  
**Sunday**  
Sunday Sacrament 9 a.m.  
**Monday**  
Family Home Evening 7 p.m.  
**Wednesday**  
Ladies Relief Society 7 p.m.

**Filipino Christian Fellowship**  
(Sanctuary A) **Sunday**  
Worship 7 p.m.

**Iglesia Ni Cristo**  
(Sanctuary B) **Sunday**  
Worship 8 p.m.

**Pentecostal Gospel Temple**  
(Room 13) **Sunday**  
Worship 8 a.m. & 5 p.m.

**Seventh Day Adventist**  
(Sanctuary B) **Saturday**  
Divine Service 11 a.m.

**Islamic Service**  
(Classroom 18) **Friday**  
Worship 1 p.m.

**United Jamaican Fellowship**  
(BLDG. 1036 - Next to Phoenix Cable)  
Sunday Service 11 a.m. & 6:30 p.m.

**Camp America Protestant Service**  
Sunday 9 a.m.  
Sunday (Bldg 3202) 7:30 p.m.  
*Soul Survivor (Club Survivor)*  
Wednesday 7 p.m.



DOWNTOWN LYCEUM MOVIES



WHAT'S  
HAPPENING

Friday, Sept. 3

8 p.m. Cinderella Story

PG 96min

10 p.m. I Robot

PG13 114min

Saturday, Sept. 4

8 p.m. King Arthur

PG13 126min

10 p.m. Alien vs Predator

PG13 101min

Sunday, Sept. 5

8 p.m. Collateral

PG13 120min

Monday, Sept. 6

8 p.m. Anchorman

PG13 91min

Tuesday, Sept. 7

8 p.m. Alien vs Predator

PG13 101min

Wednesday, Sept. 8

8 p.m. A Cinderella Story

PG13 126min

Thursday, Sept. 9

8 p.m. Spiderman 2

PG13 128min

A CINDERELLA STORY

Comedy/Romance

96min

*Starring: Hilary Duff, Chad Michael Murray, Jennifer Coolidge, Julie Gonzalo, Regina King*

High school senior Sam Montgomery lives at the beck and call of her self obsessed step-mother and sinfully wicked step-sisters. With her sights set on attending Princeton, she finds her less than sparkling social life complicated when she meets her Prince Charming online. Her anonymous cyber soul mate turns out to be her highschool's popular quarterback

ALIEN VS. PREDATOR

Action Adventure/Horror/Sci-Fi Fantasy/Thriller

101min

*Starring: Sanna Lathan, Lance Henriksen, Raoul Bova, Ewen Bremner Colin Salmon*

The discovery of an ancient pyramid buried in Anartica sends a team of scientists and adventures to the frozen continent. There, they make an even more terrifying discovery: two alien races engaged in an ultimate battle.

KINGARTHUR

Action Adventure/Drama

126min

*Starring: Clive Owen, Stephen Dillane, Keira Knightley, Hugh Dancy, Ioan Gruffudd*

A reluctant leader, Arthur wishes only to leave Britain and return to the peace and stability of Rome. Before he can, one final mission leads him and his Knights of the Round Table to the conclusion that when Rome is gone, Britain will need a leader to fill the vcuum.

COLLATERAL

Crime/Gangster/Thriller

120min

*Starring: Tom Cruise, Jamie Foxx, jada Pinkett-Smith, Mark Ruffalo, Peter Berg*

A Los Angeles cab driver finds himself caught in the middle of a crime spree when he realizes his fare is a contract killer and he's the unsuspecting getaway driver

Labor Day Car Show

Sept. 4 - 10 a.m. to 2 p.m.

at the Downtown Lyceum

Categories: Sedan, 4x4, Truck, Motorcycle, Military, SUV and GTMO Special

FMI or to sign up, call 2345

2nd Annual GTMO Jazz Festival

Sept. 6 - 3 p.m. at Cooper Field

Performances by: David Benoit, Ronnie Laws

The Rippingtons, Peter White, Nelson Rangell & Praful

Refreshments provided by Sysco Foods International.

Other activiites - Rock Wall, Bouncer, Bungee Jump, Bungee Run & a Craft Show, T-Shirts & Posters on sale

Authograph/Photo opprotunities at the end of the show

Craft Show Begins at 3 p.m.

Tables are \$5

Labor Day Eliminator

Sept. 4 - Start time 7 p.m.

at Marblehead Lanes Bowling Center

Single Elimination

Unitl Last Man Standing

\$15 Per Person

FMI, call 2118/7147

Marble Head Lanes Dollar Days

Labor Day Special

Sept. 6 - 11 a.m. to 11:30 p.m.

\$1 Per Game

Not Including Shoes

FMI, call 2118/7147

Army vs. Navy Rugby Match

Sept. 7

6 p.m. at Cooper Field

FMI, call 2193

Army vs. Navy Flag Football

The Grudge Match

Sept. 7

7:30 p.m. at Cooper Field

FMI, call 2193

For more information on any of the events listed above, call 5225.